

**WOLCOTT SCHOOL LUNCH  
TYRRELL MIDDLE**

MILK \$.50  
LUNCH \$3.00

Oct-19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30-Sep</p> <p><b>CHOOSE 1 ITEM</b> POPCORN NUGGETS BUTTERED NOODLES FRENCH BREAD PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p>1-Oct</p> <p><b>CHOOSE 1 ITEM</b> PIZZA CRUNCHERS STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>2-Oct</p> <p><b>CHOOSE 1 ITEM</b> MINI PANCAKES WITH EGG AND CHEESE OMELET PERSONAL PAN PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: OVEN ROASTED POTATOES CANNED FRUIT TRAY</p>	<p>3-Oct</p> <p><b>CHOOSE 1 ITEM</b> TOASTED CHEESE STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: TOMATO SOUP CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>4-Oct</p> <p><b>CHOOSE 1 ITEM</b> MOZZARELLA STICKS MARINARA SAUCE FRENCH BREAD PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>7-Oct</p> <p><b>CHOOSE 1 ITEM</b> POPCORN CHICKEN BROWN RICE FRENCH BREAD PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>	<p>8-Oct</p> <p><b>CHOOSE 1 ITEM</b> FRENCH TOAST STICKS/SYRUP served with SAUSAGE PATTIE STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: OVEN BAKED POTATO PUFFS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>9-Oct</p> <p><b>CHOOSE 1 ITEM</b> CORN DOG NUGGETS PERSONAL PAN PIZZA DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHEF SALAD /CROUTONS &amp; ROLL <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY</p>	<p>10-Oct</p> <p><b>CHOOSE 1 ITEM</b> PASTA WITH MEATBALLS GARLIC BREADSTICK STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>11-Oct</p> <p><b>CHOOSE 1 ITEM</b> BUFFALO CHICKEN PIZZA OR CHEESE PIZZA DELI BAR CHEF SALAD /CROUTONS &amp; ROLL YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>14-Oct</p> <p> <b>Columbus Day</b>  NO SCHOOL</p>	<p>15-Oct</p> <p><b>CHOOSE 1 ITEM</b> CHICKEN PATTIE ON A BUN SPICY CHICKEN PATTY ON A BUN STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>16-Oct</p> <p><b>CHOOSE 1 ITEM</b> CALZONE PERSONAL PAN PIZZA DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHEF SALAD /CROUTONS &amp; ROLL <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p>17-Oct</p> <p><b>CHOOSE 1 ITEM</b> CHEESE QUESADILLA STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>18-Oct</p> <p><b>CHOOSE 1 ITEM</b> BREADSTICK DUNKERS MARINARA SAUCE MOZZARELLA CHEESE CUP FRENCH BREAD PIZZA CHEF SALAD /CROUTONS &amp; ROLL <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>21-Oct</p> <p><b>CHOOSE 1 ITEM</b> TERIYAKI CHICKEN DIPPERS BROWN RICE DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY</p>	<p>22-Oct</p> <p><b>CHOOSE 1 ITEM</b> TOASTED CHEESE STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: TOMATO SOUP CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>23-Oct</p> <p><b>CHOOSE 1 ITEM</b> CHILI CHEES FRITOS PERSONAL PAN PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p>24-Oct</p> <p><b>CHOOSE 1 ITEM</b> MEATBALL GRINDER STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: OVEN BAKED POTATO PUFFS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>25-Oct</p> <p><b>CHOOSE 1 ITEM</b> MOZZARELLA STICKS MARINARA SAUCE FRENCH BREAD PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>28-Oct</p> <p><b>CHOOSE 1 ITEM</b> CHICKEN TENDERS BUTTERED NOODLES FRENCH BREAD PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY</p>	<p>29-Oct</p> <p><b>CHOOSE 1 ITEM</b> CORN DOG NUGGETS STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>30-Oct</p> <p><b>CHOOSE 1 ITEM</b> MINI PANCAKES WITH EGG AND CHEESE OMELET PERSONAL PAN PIZZA DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: OVEN ROASTED POTATOES CANNED FRUIT TRAY</p>	<p>31-Oct</p> <p><b>CHOOSE 1 ITEM</b> MONSTER MAC AND CHEESE WITCHES GARLIC BROOMSTICK CHEF SALAD /CROUTONS &amp; ROLL DELI BAR GOBLIN YOGURT PARFAIT <b>FROZEN FRANKENSTEIN JUICE</b> <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: HAUNTED BROCCOLI TREES CANNED FRUIT TRAY</p>	<p>1-Nov</p> <p><b>CHOOSE 1 ITEM</b> OVEN BAKED FRIED DOUGH SAUCE AND CHEESE CUP CHEESE PIZZA CHEF SALAD /CROUTONS &amp; ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT <b>CHOOSE 1 FRUIT AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUITS, OR CANNED FRUIT OR JUICE.</p>	<p>CHOICE OF NON-FAT OR LOW FAT WHITE MILK OR NON FAT CHOCOLATE, NON FAT STRAWBERRY MILK</p>	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	<p>choose one or two vegetables</p>	<p>choose one or two fruits</p>

